A Life Worth Coming Back To

Session 12 / Adults 18+ / Recovery Has to Survive Tuesday
Use the fictional example, your own safe situation, or pass. Keep pages private.

01 Today I choose: fiction / my situation / listening / a pass.

02 What would make this topic more manageable today?

03 One ordinary part of life I might want to support, using fiction if preferred:

Devon’s ordinary next week

Devon wants next week to include one decent meal, a manageable support contact and time for something interesting. Money is tight and work hours may change. Devon worries, If I cannot keep the whole plan, what is the point? No emergency is described. Devon wants a plan with room for actual life.

What matters

A meal, manageable connection and something interesting. These are ordinary priorities Devon chooses.

A first action

Check what is available for one meal and what resource gap needs help. No perfect whole-week plan.

A way to reconnect

Ask about an appropriate support time and alternate route. Verify availability rather than assuming it.

What I want more room for

Use Devon, a safe example or a few symbols. You do not need a big goal.

01 One ordinary part of life that matters or could matter:

02 What would a little more support for it look like?

03 What expectation or perfect version can I leave aside?

The support it actually needs

Think about practical resources, suitable people or services, and access. Keep personal details private.

01 What time, transport, care, money or access would this need?

02 What support is available, and what is still unknown?

03 What question could I ask to check a missing resource or support route?

My next seven days

Choose one useful action. It can be an inquiry, a small task, a care arrangement, rest or connection.

01 My action and a time that fits:

02 What support or setup does it need, and how will I check it?

03 If the day changes or the first route is unavailable, my next check or fallback is:

A way to reconnect

Use a willing partner or write privately. Choose one change, not a crisis reenactment.

01 If the planned action does not happen, what needs attention first?

02 A short request for appropriate support or help revising:

03 What I will check next, without an all-or-nothing promise:

An ordinary day worth supporting

Creative alternative. Sketch or write a modest day with a need, a small choice and a support question. No ideal future or positive mood required.

01 My ordinary-day sketch, words, or sequence:

02 One useful next step and one thing that still needs help:

What I learned

Optional follow-up. Keep this page; returning it is not required. Seek appropriate support when an activity is not enough. Existing care plans remain in place.

Progress is progress

A useful next step can count while life remains unfinished. You do not have to earn the right to begin again.

U.S. support

For an immediate medical or safety emergency, call 911. For suicidal crisis or emotional distress, call or text 988. Verify local support options with the facilitator. www.progresscounselingprograms.com

01 What did I try, practice or learn?

02 What still needs help or adjusting? What is one next useful step?